

Optimism

expecting a good outcome

Empathy

understanding and sharing
the feelings of another

Gratitude

being thankful

Humility

having a modest view of
your own importance

Humble

not proud or arrogant

Curious

eager to know or learn

Tolerant

allowing the existence of
opinions you don't agree with

Respectful

show consideration for
someone or something

Creative

using imagination to
create something

Family

a group living together or
connected to each other

Pride

pleasure and delight for what you have done or who you are

Spiritual

relating to the spirit or the soul

Balance

balance between different areas of wellbeing

Health

being well physically, mentally and socially

Physical fitness

being well and active physically

Honesty

being truthful and sincere

Non-judgemental

not judging a person or opinion

Māramatanga

new understanding

Kindness

being friendly, generous and considerate

Growth

increasing understanding, wellbeing or knowledge

Culture

connecting with ideas, customs
and social behaviour of people

Cooperation

working towards a common
goal with other people

Whanaungatanga

a sense of belonging
and connection

Manaakitanga

extending aroha, compassion
to other people

Kotahitanga

unity, solidarity, togetherness

Loyalty

feeling of support or allegiance

Social justice

everyone deserves equal
rights and opportunities

Respect

treating others with dignity

Kaitiakitanga

caring for the environment

Charity

providing services for social
good

Forgiveness

letting go of resentment
or anger

Human rights

rights inherent to everyone
such as freedom from slavery

Equality

being equal in status, rights
and opportunities

Social obligations

something everyone agrees

Consideration of others

careful thought of others

Individualism

being self reliant

Collectivism

collective goals

Resilient

recovering from
difficult situations

Dignified

worthy of respect

Responsibility

duty for something

Fun

enjoyment or pleasure

Sustainability

maintaining ecological balance

Authenticity

being genuine or real

Wisdom

having experience, knowledge
or good judgement

Achievement

something done with effort,
skill or courage

Success

completing an aim on purpose

Determination

being firm on purpose

Openness

receptive to new ideas and
experiences

Peace

free from violence

Pleasure

something that gives
enjoyment, happiness or
satisfaction

Religion

belief in a higher power

Vulnerability

being open and honest about ourselves

Nurturing

caring for other people

Diversity

Including different types of people